Cam-mind Newsletter

CHARIOTS OF FIRE RACE IS A GREAT SUCCESS RAISING MONEY FOR CAM-MIND.

The CAM-MIND TEAM & ALL OUR VOLUNTEERS 'DID US PROUD' (See page 2 for details)

CAM-MIND'S ONE IN 4 TEAM TAKE HOME THE TROPHY from the 1 in 4 in the City Football tournament held at Cambridge City Football Club on Sunday October 11th. (See page 2 for details)

Registered Charity No. 265087

Autumn/Winter Edition 2009

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MINDFUL EMPLOYER

mind
For better mental health

1 in 4 Football Gallery

Tournament Winners-Cam-mind 1 in 4

2nd Place went to last year's winners Legends Bar

Chariots of Fire Gallery

Continued from front cover:

CHARIOTS OF FIRE RACE

Sponsored by Hewitsons and Cambridge News:

Cambridge was bathed in sunshine on 20th September this year when all the runners who took part in the Annual Chariots of Fire Race were raising money this year for Cam-mind. We were asked to provide 100 volunteers to help organise the day and **our thanks go to EVERYONE** who turned up (very early in the morning) to support us. Charles Hewitson,race director and senior partner at Hewitsons Law Firm said they have raised £750,000 for local charities since they started this annual event 18 years ago. He commented on how hard everyone had worked and said what a great job we had all done.

The Cam-mind team finished the race in a very good time of 1 hour, 24 minutes and 37 seconds – all that training definitely paid off. Collectors on the day raised a wonderful total of £475 and our own team has managed to raise at least £1,000 with more money still coming in. The total raised for Cam-mind from the race will not be known until January 2010 and will be reported in the next newsletter.

The money raised from the race will be used primarily by us to fund our befriending service. This links up a service user with a volunteer befriender who will then provide them with regular support on their road to recovery. We hope to expand our service within the region and to reach out to more individuals living isolated lives. Sponsorship will also be used to fund ongoing training and support services necessary to maintain the entire befriending service. Also a proportion of the funds will go towards Cam-mind's wide range of community groups and activities, together with an innovative new project designed to help local employers to tackle the increasing problems of stress, anxiety and depression in the workplace (MORE DETAILS OF THIS ON PAGE 15).

Cam-mind Football Tournament

A view from one of our team members....

On Sunday the 10th October a small group of us from Vicarage Terrace took part in the annual Cam-mind five a side football tournament held at Cambridge City's ground.

A group of us attend training on Fridays and with a few others formed a team we called One in Four. We called the team this because one in four people suffer from a mental health problem at some time in their lives. We played in the tournament against teams such as John Lewis, the NHS and Cambridge United supporters clubs and a few others.

The one in four team won the first two games in the league format. We drew one and lost one but managed to finish top of the league.

The semi final against Cambridge United supporters we won in a closely fought match. As victors we then played a match against last years winners, The Cambridge Legends. The match was again very close with a score of 1-1 in full time. Extra time came about and we scored two terrific goals and won the shield.

Every one of the teams enjoyed themselves and we had great support from a small group of people who came out to cheer us on. It was a great day out and hopefully we will do as well next year.

Thomas Willers

Continued from Front Cover:

Cam-mind '1 in 4' team wins Anti-stigma Tournament

TEN local businesses and organisations battled it out in a five-a-side football tournament designed to raise awareness of mental health issues and tackle stigma, at the Cambridge City ground in Milton Road, on Sunday 11 October. . . .and it was our Cam-mind team who took home the winners' shield.

Cam-mind joined forces with Cambridge City FC to run what was the second '1 in 4 in the City' 5-a-side Football Tournament. The event coincided with the weekend of World Mental Health Day (Saturday, 10 October) and was designed to highlight the fact that at least 1 in 4 of the population experience mental health problems at some time in their lives. The event attracted teams from John Lewis, Marshall Aerospace, NHS Cambridgeshire, Cambridge City Legends Bar, Cambridge City Supporters' Trust, Addenbrooke's Hospital, Cambridge United supporters and Jagex as well as Cam-mind's own '1 in 4 FC' campaign team.

The final was between 1 in 4 FC and last year's winners Legends Bar – with 1 in 4 FC eventually proving the strongest. Third place went to Jagex and fourth to one of two Cambridge United supporters' 'Abbey United' teams. This event was all about getting people together and enjoying playing football, but it was also underpinned by a serious message about tackling stigma and promoting health and wellbeing, coinciding with a range of events locally to celebrate World Mental Health Day.

City's Community Director, Roger de Ste Croix added. "We have developed strong links with Cam-mind. They are the Club's charity sponsor and Craig Radcliffe, from our first team squad, provides weekly football training to an increasing number of Cam-mind service users, which has already had a very beneficial effect. This partnership with Cam-mind enhances our excellent Football in the Community programme and demonstrates that this Club is at the heartbeat of the local community."

This year's 1 in 4 in the City tournament was jointly sponsored by the Co-Operative Membership and the Cambridgeshire and Peterborough NHS Foundation Trust.

This newsletter was edited by Alison Humphreys

Please contact me at the cam-mind office if you have any reports/items of interest to put forward for inclusion. 01223 311320 or admin@cam-mind.org.uk or by post to the office.

Photographs in this edition were taken by Alison &Barry Humphreys, Bob Durrant, Polly Stokes & Tony Stead from Smiles Photography.

Contributions were gratefully received from Robert Turner, Aly Anderson, Patricia Dugan, Tony Thompsett, John Pollock, Tony Moore, Paul Fuller, Glenda Jeeps, Thomas Willers, Graham & Pierrette Borgonon, Hannah Turner, Aly Anderson, Bob Race, Bob Houlston, Dominic Hall-Smith & Jenny Houghton.

Thank you to Susan Hilken for proof reading the finished copy.

FOOTBALL

Cam-mind/Cambridge City FC Football Club

FRIDAYS

11AM- 12 NOON

Lively football training sessions with a professional coach from Cambridge City Football Club.

No experience necessary.

This is a pilot project supported by Cambridge City Council and Cambridgeshire Football Association. **It is open to all mental health service users not just Cam-mind service users.**

The first session is free, after which there is a £1 per session charge.

For further information, please contact Aly Anderson or Hannah Turner at Cam-mind on 01223 311320.

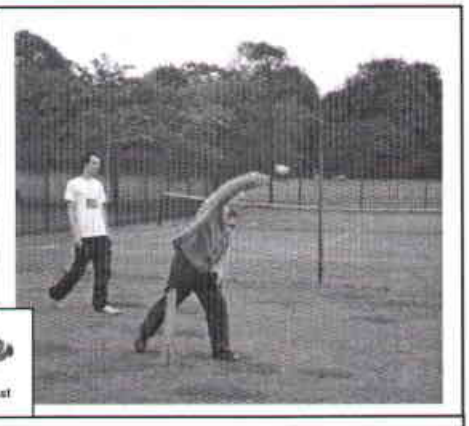
SERVICE USERS' SOCIAL EVENTS STILL TO COME FOR 2009

Christmas shopping in Peterborough – 26/11/09

Christmas party – 20/12/09

Disco/Karaoke – 6th March 2010 (Watch this space!)

Shopping trip information has been circulated and details about the party & disco will be sent out via the clubs nearer the time.



PRINCE'S TRUST PICNIC IN JULY IS A GREAT SUCCESS !!

Cam-mind service users joined members of the Prince's Trust on Jesus Green on Wednesday July 22nd to enjoy a picnic. The sun shone and everyone enjoyed good food and activities provided by the Trust volunteers. The afternoon could not have been more perfect with music from the guitar, the opportunity to take part in creative art activities or perhaps take part in the cricket match or just sit and chat and pass the time on a beautiful summer's day. Many thanks to the Prince's Trust volunteers for all their work.

COFFEE & SHOPPING AT BAR HILL FOR THE FRIDAY GROUP

We all gathered at the Cam-mind office on 28th August, when a taxi duly arrived, and all six of us piled in. I was ready for the trip, passport and travellers cheques at the ready!

The girls in the taxi informed me that we were going to Tesco's at Bar Hill and not Bahrain. I felt such an idiot in my sandals, shorts and Hawaiian shirt!!

Having arrived at Bar Hill we were joined by other members of the coffee morning group, and the first thing the group did was to head for the coffee shop.

Having cleared Tesco's café of tea and scones, we headed for the shelves loaded with everything you could want.

Shelley had a lovely time going up and down the large escalators, until a security guard ordered her off - most embarrassing!!

12 noon and it was time to leave, we fell into the taxis, full of tea and scones and money well spent.

I should have realised that £2.50 would not take me to Bahrain, but on the other hand Cam-mind does work miracles.

John Pollock

To All Cam-mind Service Users & Volunteers:-

You are invited to the. . .

Cam-mind Away Day 2009

Friday, 4 December 2009 at Hester Adrian Centre
11am-3pm

Have your say. . .

Subsidised taxi service: owing to the economic downturn – and the inequities of the current subsidised taxi service – Cam-mind's Trustees have decided that we can no longer afford this service. Consequently we have to stop offering taxis to new Cam-mind service users at the end of the year, with a view to stopping the service completely in April 2010.
BUT . . .we do want to find new ways of supporting people who have transport difficulties – and would like to hear your thoughts and ideas on how we might do this.

Recovery Star: the Recovery Star is an exciting new service-user-centred recovery tool, designed to support mental health service users on their road to recovery.
Cam-mind would like to start using the Star early next year. Come along to the Away Day to find out more – and to see how you can get involved!

RSVP to Alison, Hannah or Aly at the Cam-mind office 01223 311320,
(for catering purposes)

DO YOU NEED A SPEAKER WITH SOMETHING INTERESTING TO SAY??

Meet Paul Fuller....

Paul first started talking about his mental health via a friend he met through the Advocacy Service.
He has given talks to professionals about being sectioned under the Mental Health Act and is now available to talk to different groups of people.

Paul would like to promote awareness of what happens when a patient is sectioned and how to improve a person's experience of the system.

If you would like to book Paul to come and talk to your organisation please contact him via the Cam-mind Office on 01223 311320 or email: admin@cam-mind.org.uk

CAM-MIND MONDAY CLUB

The Monday Evening Club is the longest-running of all Cam-mind's group activities and offers a varied programme every Monday except Bank Holidays and August at the Hester Adrian Centre. It was started by a psychiatric social worker, Jean Ferguson now Jean Walker, with Jane Ellam and others. It has been most fortunate over the years to have many kind friends who have helped with the tea interval, often providing the food.
Slides, talks, music, quizzes and table games are all favourites and a local evening outing is arranged in the summer. Birthdays are remembered and a warm welcome is given to all service users. Why not come along and see if you would enjoy it too? We gather at 7.30pm every Monday. Help us to celebrate the 50th anniversary in a few years' time !!
Please contact Hannah at the Cam-mind office if you would like to visit the Monday Club to see if it would be something that you would enjoy doing.

Jenny Houghton

MENTAL HEALTH IN AFRICA - AN AFRICAN CAM-MIND?

Well...not exactly. But we'd like to tell you a bit about a west African charity we know of which recognises, as one of its many schemes, the desperate needs of people with mental health problems in its region. It is an entirely home grown charity based in Cameroon. We tend to think of charities being formed only in the developed world, well, here is one example of one formed in a poor part of Africa by locals and for locals.

Cameroon only hits the news when they win the football, otherwise it is poor and corrupt. Most people live on less than $1 per day. A really unlikely environment for a few concerned local people to start a charity!
The most desperate of the poor are people with mental and physical health problems for which the state does nothing. If we think about how mental health issues were handled in our own country 100 years ago, then we get slightly nearer to understanding the problem in third world countries.

Those people experiencing mental illness are some of the worst off of all in Cameroon and many of the stories we heard of how people are treated were really terrible.
When we visited, we saw schemes run by the charity SHUMAS to try and help.
One, fairly well established by local standards, offered very basic sheltered housing and a drop-in centre where life and trade skill-training was offered and family visits arranged. This runs with virtually no funding and is staffed entirely by dedicated local volunteers.

The other scheme, in the town where we were based, is new and quite a bit larger with accommodation for about 25 people. It has training rooms and equipment for trade and life skills as well as a vegetable garden to help raise funds.
Its nearest equivalent here might be the St Raphael Centre. Imagine the Centre being built....but then imagine the builders and carpenters having to make bricks, doors and windows on site and with only hand tools. That gives an idea of the difficult working conditions for this charity.

SHUMAS gets little help from government agencies. Their small staff, plus their local volunteers, rely heavily for funding and technical expertise on their overseas supporters from Europe and the Americas.
Big British charities work mainly in east Africa so UK help comes from smaller, largely unknown, but hugely enthusiastic charities, similar to Cam-mind, who help fund specific projects.
You can read more about this incredible African charity at: www.shumas-cameroon.org.

Graham & Pierrette Borgonon

CALM - Campaign Against Living Miserably is an

initiative by the Department of Health to help alleviate suffering caused by suicidal thoughts /mental illness / drug dependency. The CALM campaign is targeted at men in the age range 15 to 35 years, but the helpline is open to anyone.

Everyone who calls will receive an equal service regardless of age, gender, cultural background or sexuality. Originally based in Manchester it is now available nationwide 5:00pm to 12:00am Saturday to Tuesday. If you need to speak to a
counsellor Freephone: 0800 58 58 58. I have found this telephone number most useful to me so I thought I would pass it on. Remember, calls to CALM on a landline are free, confidential and anonymous and they don't show up on landline
telephone bills.

Best wishes & stay well, from Bob Houlston.
Source: www.houlston.freeserve.co.uk/mental.htm

Service User Group Meeting - 23rd October 2009

Present: Nicky, Bettine, Carol, Norman, Mohammed, Angela, John D, John E, John P, Colin, Ian, Liz (Trustee), Renee(Trustee), Aly, Hannah.
This special meeting of the Service User Group was to discuss changes in the subsidised taxi system, to introduce the Recovery Star and to encourage service users to get involved in the Service User Group on a regular basis by becoming Service User Representatives.
(Continued on page 6)

Service User Group Meeting 23/10/09 (Continued from page 5)

SUBSIDISED TAXI SERVICE

Aly outlined the current arrangements – in that some of the Cam-mind groups currently benefit from a subsidised taxi scheme, while the majority do not. The cost of this service to Cam-mind is around £15,000 per year, and yet only around 35 of our service users currently benefit from this.

Given the economic climate (and the inequity of the current system), the trustees have decided that Cam-mind is no longer in a position to offer this service. Consequently, as from 1 January 2010, it will no longer be offered to new service users to Cam-mind. The service will cease completely as from April 2010.

However, Aly explained that Cam-mind wants to find new ways of supporting people who have transport difficulties – and the Away Day on 4 December (see page 4) is an opportunity for everyone to bring ideas and have their say.

Angela raised the issue of Disability Living Allowance: people with mental ill health may qualify for this. It has a 'mobility component' with may entitle the claimant to receive a **FREE BUS PASS** or be eligible for the **CAMBRIDGE CITY COUNCIL TAXI CARD SCHEME**.

Norman suggested that Cam-mind buy/hire a mini bus to collect group members.

Carol suggested Cam-mind raises the cost of the Service User contribution, in order to keep the subsidised taxi scheme.

RECOVERY STAR

Aly then introduced the 'Recovery Star' to the group.

The Recovery Star is a tool for supporting mental health service users in understanding where they are in terms of recovery and the progress they are making. It is also useful in helping organisations like Cam-mind to measure how effective their services are.

The Recovery Star offers a very visual and user-friendly way of identifying and measuring where people are in relation to ten core areas of life - and helps to identify/address any difficulties people using services are experiencing in these areas. It is a model that is starting to be adopted widely across the UK – and has received good feedback from service users elsewhere.

Cam-mind is hoping to run a pilot of the Recovery Star in the New Year and is looking for volunteers who would be prepared to give it a go. Group members expressed interest in the project and a number of people said they would like to know more about the pilot.

More information about the Recovery Star will be given at the Away Day and Aly encouraged everyone to come along on that day if possible.

SERVICE USER REPRESENTATIVES

A number of group members said they would be interested in becoming Service User Representatives for the part of Cam-mind's service that they are involved in. It is hoped that all aspects of Cam-mind will be represented on a regular basis at the Service User Group.

ANY OTHER BUSINESS

Angela asked if the newsletter could be produced in large print – Alison will be asked about this.

John P asked how much joint working we did with other mental health organisations like Lifecraft. Aly responded that we had worked together with Lifecraft on various projects in the past. Renee stated that Making Mental Notes for 209 Radio was also a joint effort with Lifecraft and a number of other organisations locally.

Aly added that we have also been involved in partnership working projects with a number of other organisations within the community such as Cambridge City FC, Romsey Mill and the Prince's Trust.

NEXT MEETING:

Aly reported that a second special meeting of the Service User Group, for those who were unable to attend this meeting, was due to take place at Barrere House on 16 November from 3pm to 5pm.

Cam-mind Groups

Monday Morning 11am-12.45pm Textiles

This group is for anyone interested in experimenting with textiles, customising clothes or trying their hand at skills such as knitting or crochet.

Monday Afternoon 1-3pm

This group offers a variety of activities that change weekly.

Monday Evening 7.30- 9.15 pm

A varied programme of events for men and women of all ages. Slide shows, dancing, quizzes, games, bingo and craft demonstrations are among the activities.

Tuesday Morning 11am- 1pm Art

Many topics on an art and craft theme are covered in an informal and friendly atmosphere.

Continued on on Page 7

Cam-mind groups continued from page 6

Tuesday Afternoon 1pm-3 pm Pottery with Bob Race

The group encourages self-expression with clay in a calm and creative atmosphere.

Wednesday Lunch Time 12noon-2pm–Women's Group

A very diverse special interest group. A light lunch is shared followed by a talk or demonstration. Past subjects have been making earrings, make-up and colour, aromatherapy, water colours for beginners and British Wildlife.

Wednesday 4pm – 6pm + vegetarian meal – Cooking

A small and friendly group. Members get together on a weekly basis to cook a meal. There is an emphasis on healthy eating and balanced meals.

Wednesday Afternoon 2.15-4.00 pm – Sawston Drop in

The first of our satellite groups covering Sawston, Stapleford, Fulbourn, The Shelfords, Whittlesford, Trumpington, Harston and Babraham. Conversation is easy and there are often lively and topical discussions.

Thursday Morning 10am – 12 noon + lunch –Cooking

A small and friendly group of up to eight people. Members get together on a weekly basis to cook lunch. There is an emphasis on healthy eating and balanced meals.

Thursday Afternoon Pottery 1.30pm – 3.30pm with Bob Race

The group encourages self-expression with clay in a calm and creative atmosphere.

Thursday Evening 7.30-9pm

This lively group meet to enjoy board games, coffee, biscuits and talking. An informal group without a set programme.

Friday Morning 10.30am-11.45am

A coffee morning for a mixed range of men and women. The group enjoy a chat over coffee and take part in a raffle or bring and buy. Occasionally outings are enjoyed by the group.

Friday Morning – Allotment 10.30am-12noon

Informal group who meet at Chesterton Road and then go to allotment. No gardening experience needed.

Friday Morning 10.30am-12 noon- Arbury Drop In

A coffee morning for those living in the Arbury area of Cambridge. An informal group who meet for a chat and friendship.

Friday Morning 11.am-12 noon- Football Club

Lively football training sessions with a professional coach from Cambridge City Football Club. No experience necessary.

This is a pilot project supported by Cambridge City Council and Cambridgeshire Football Association. It is open to all mental health service users. The first session is free, after which there is a £1 per session charge. For further information, please contact Aly Anderson or Hannah Turner at Cam-mind on 01223 311320.

Sunday Lunch 12.30-3pm

Sunday is a lonely time for many of us and this very popular club is held mid-monthly and on the last Sunday of each month. Members get together for a full home-cooked Sunday Lunch.

OCD Support Group

This self-help group for people with Obsessive-Compulsive Disorder (and carers) meets fortnightly on Monday evenings, from 5.30pm to 7pm.

Continued on Page 8

Cam-mind groups continued from page 7

Advocacy Drop In

Cam-mind is working in partnership with the Cambridgeshire Independent Advocacy Service (CIAS) to offer a regular Advocacy Drop-in at 100 Chesterton Road. These sessions offer the opportunity to speak confidentially to a mental health advocate regarding any concerns you might have over practical matters such as benefits, debt, housing, family issues, legal matters or hospital treatment, to name just a few. The sessions are open to all Cam-mind service users. Please book an appointment via Aly or Hannah.

Cam-mind Service User Group – Have Your Say!

Cam-mind's Service User Group meets every two months to discuss issues relating to our services and will have a real influence on how things develop in the future. All Cam-mind's service users are welcome at these meetings – watch out for fliers giving details of the next meeting.

For further information about any of the above, please contact Hannah or Aly on 01223 311320

It was barbecue time again at the Hester Adrian Centre on Saturday 15th August.

Kick off time was 2pm, and as it was my first time to the Centre I got a little bit lost. Thank goodness I had Karen with me, she can smell a burger cooking from a mile away.

Having arrived we found friendly faces, and stalls ready for me to part with cash such as the raffle, tombola etc. The weather was very pleasant, as was the afternoon, and some people took advantage of the sunshine.

After burgers and sausages came the puddings, which were very tasty, and welcomed by all. The afternoon finished with the raffle draw, 1st prize was £20.
I've never seen a £20 note disappear so quickly. It was now you see it, now you don't!! Good luck to the winner.

4pm came too soon, and it was time to say our cheerio's, and hope to see you all at the Christmas get together.

Last but not least, a big thank you to Polly and her merry gang for all their hard work, which was much appreciated.

Last word - enjoy the Autumn.

By John Pollock

CONCORDE:THE ZEAL OF AN AIRCRAFTS APPEAL by Robert Turner

The grace of a swan, deep in the sky
The famous, the rich
The pinnacle to fly
It seems quite romantic
Transatlantic

Storm the runway, unleash the power
1200 miles per hour

An opal rocket, surfing the breeze
A sea expanse, limited trees
Only snag- the awkward squeeze

Exquisite flying, taking the lead
a divine luxury for a wealthy breed
wonderment, decibels, snout and speed

Cruising altitude 15000 feet
Champagne and caviar direct to your seat

London to New York, the pop of a cork
Piercing the air like an elegant stork

Supersonic measure, iconic treasure
Business or pleasure
1969-the year she was born
early millennium sadly withdrawn

IF YOU WOULD LIKE TO RECEIVE A COPY OF THIS NEWSLETTER IN LARGE PRINT ON A3 PAPER PLEASE CONTACT ALISON AT THE CAM-MIND OFFICE

smiles photography

www.smiles-photography.co.uk

TONY Stead

- 0775 106 1054
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- tony@smiles-photography.co.uk

PLINTH ON A PLINTH !!

Bob Race is a studio potter, making his own work to exhibit in galleries, but for half of the week he runs workshops for people with mental health difficulties; these can range from Schizophrenia to Early Onset Dementia. Bob runs the pottery groups at Cam-mind held on Tuesday and Thursday afternoons. He applied to go on the plinth Trafalgar Square, London in order to publicise a tiny local charity called Friends of Fulbourn who support the work of Fulbourn Hospital. On a Friday afternoon Bob runs a workshop there for those with Early Onset Dementia. (i.e. Dementia that has been diagnosed younger than 65.) Some of the participants have been in their 40s. Bob is not a trained art therapist; the group interaction is for him just as important as the end result. He has worked with some people with severe dementia, who would appear to have lost all recognition of their families, but as Bob says "once they make something three-dimensional, they often begin to carve the names of those they love into the work - partner, child. You can imagine what such an action means to family members who have believed all connection has gone".

The workshop on the plinth was obviously inspired by Gormley's /Field/ installations; the aim was to create a plinth on a plinth, giving a chance to those passing by to have their work on the 4th plinth, thus celebrating the One & Other central idea of democratic participation. The resulting piece is so dense, Bob said it unexpectedly reminds him of a medieval sarcophagus or a Bosch painting. Bob is auctioning the work for Friends of Fulbourn. It can be viewed on www.plinthontheplinth.com

Did you know?

The Cam-mind Community Archive is not just about looking far into the past.

We have lots of information about recent events that have happened as well.

Why not take a look on **www.ccan.co.uk**, click places and then Cam-mind.

Thank you to Ken Drake for selling Cam-mind cards at the Wesley Church on 7th November and raising £33

MAKING SPACE CAMBRIDGESHIRE CARER SUPPORT SERVICES

The main activities of a carer support worker are:

- To provide support to adults who have a mental health need and are between the ages of 18 and 65.
- To provide information about mental health.
- To support and signpost the carer to enable them to access information and advice on medication and its possible side effects.
- To advise and help in assessing welfare benefits.
- To intervene and advocate on behalf of families.
- To help carers and those they care for to get access to the services they may need.

If you think they could help you contact Carer Support Services - telephone 01480 432 504

FUNDRAISING NEWS

Thank you very much to local artist John Wiltshire and Susan Potter for once again raising money for Cam-mind during the Cambridge Open Studios weekends 4/5th July and 11/12th July. This year they raised a magnificent £201.53

Polly, Glenda and Renee held a stall this year at St Andrews Church Fair, Chesterton and raised £116.60. Thank you to all of you.

Many thanks to Glenda and Polly for getting up early and doing car boots for Cam-mind. The last one on 12/9 raised £85. If anyone is interested in helping/driving Glenda please contact our office.

PLEASE THINK OF CAM-MIND IF YOU HAVE ANY UNWANTED PRESENTS THAT WE COULD USE FOR RAFFLE / TOMBOLA PRIZES.

As we have limited storage we can only accept new/almost new goods but if you have bric-a-bric to sell please do take it to the Mind Shop as a percentage of their profit will come to Cam-mind, so you will be helping us at the same time.

Big day out on Parker's Piece on 11th July raised £203. Thanks go to Sally and Bob and everyone who helped on the day.

BEST WEATHER YET AT FORDHAM MUSIC FESTIVAL.....

We enjoyed the lovely hot weather on 7/8 & 9th August and the music at the festival. We raised £259.70 over the weekend. Many thanks to Kurly and Angela (pictured right) who donated £80 to Cam-mind from their wedding celebrations on 7th August.

Alison and her family did a car boot at Thriplow on 26th September and raised £40.40 - thanks go to us!

Many thanks to Budgens at Arbury Court, Cambridge for choosing Cam-mind as the winner of a hamper worth £20 and also to Renee for collecting this for us.

THANK YOU TO ALL OF YOU WHO HOLD A COLLECTION BOX FOR CAM-MIND IN YOUR BUSINESS.

This is very much appreciated and if anyone reading our newsletter is able to keep a collection box for us, we collect and empty these on a regular basis and would love to have your support of our work in this way.

MEMBERSHIP

CAM-MIND NEEDS YOU. If you believe in what we are doing and can afford a minimum subscription of £10 per person per annum, please join us. Part of our strength is dependent on the number and support of Members. If you can, complete and return this page to the Membership Secretary at Barrere House (full address below).

I/we wish to become a Member/Members of CAM-MIND. My/our details are as follows.

Title(Mr/Mrs/Miss/Ms etc).....

Initials.....Surname.....

Title (Mr/Mrs/Miss/Ms etc) .....

Initials.....Surname.....

Address.....

.....Post Code.....

Telephone No .....Date.....

It is helpful if you are able to complete the Banker's Order and the Gift Aid Declaration (if applicable). If you are joining as a couple, the Gift Aid Declaration needs only to be completed by one of you. The *date on the Gift Aid Declaration should be the first intended date of the payment of your Banker's Order. Should you wish to make your subscription by any other means, you are welcome to do so, completing the Gift Aid Declaration appropriately and if applicable.

GIFT AID DECLARATION

I confirm that this first subscription I am making on *.....and any subsequent subscription or donations I may make to CAM-MIND may be treated as Gift Aid donations and that I am paying income tax (or capital gains tax) equal to the tax you will reclaim on such donations.

Date as above. Signature.....

Full Name.....Address/Post Code as above.

BANKER'S ORDER

To The Manager.....Bank plc

Address.....Post Code.....

Please pay to Barclays Bank plc, Bene't Street, Cambridge CB2 3PZ (20-17-19) for the credit of Cambridgeshire Mental Welfare Association Ltd, Account No. 80211192 the sum of

£.....(amount in figures).....(amount in words)

commencing.....(date) and .....(frequency of payment i.e., annually, quarterly or monthly) until further notice.

This cancels any existing order to Cambridgeshire Mental Welfare Association Ltd.

Signed.....Address.....

.....

A/c Name.....A/cNumber.....Date.....

Please return the whole of this page including the Banker's Order to the Membership Secretary, Cam-mind, Barrere House, 100 Chesterton Road, CAMBRIDGE CB4 1ER. Thank

If you would not be happy for your name to be published in our newsletter as a subscribing member please tick box. ☐

My name is Glenda. I have been with Cam-mind for 30 years, since I came out of long stay in hospital.

I went into a private house in Blinco Grove where I shared with three other people. I was introduced to Jane Ellam by my social worker at that time and I've been friendly with Jane and her family and a part of Cam-mind ever since.

I have come a long way since then as I was very ill mentally. I lived in a Cam-mind house in Hinton Avenue for four years before I got my flat. I did a few hours cleaning for Cam-mind in the house where people lived.

I wouldn't have got where I am today if it wasn't for people like Jane and Ralph and Ruby, the social worker, and other Cam-mind members.

My mental health is good now, although I do still have a few problems, but with the help of Cam-mind I like doing fundraising car boots. They help me and others to keep going as there are a lot of people with mental health problems in the community now.

CAM-MIND PEOPLE

In this edition we meet Tony.....

What do you do at Cam-mind?

My main activity for Cam-mind is befriending. I also belong to the Allotment Group that meets on a Friday morning and the OCD group that meets fortnightly on a Monday evening. Being a former computer geek (now retired) I help with the archive group that meets monthly to archive Cam-mind's 100 years of history on computer. I usually volunteer for any fundraising duties that Alison asks me to do and participate in other events like the Christmas party.

How did you first become involved?

I first became involved in 1997 when work commitments brought me to Cambridge and I was looking for some voluntary work to do in my spare time. I chose Cam-mind because I had some experience of depression and thought I could empathise with people suffering from mental illness. It worked out very well because I was paired with someone on a befriending basis and we have since become real friends.

What are your favourite things about Cam-mind?

I like the fairly relaxed atmosphere at Barrere house where anyone with mental health issues is made to feel welcome. I derive great satisfaction from any help I can give.

What other hobbies/interests do you have?

Since retiring I have become increasingly interested in keeping fit, on the basis of 'use it or lose it'. I attend pilates exercise classes twice a week, swim, cycle, walk etc; but my favourite physical activity is skiing - not just once a year on a winter holiday in Europe, but regularly at the indoor snow slope in Milton Keynes.

To try to keep my mind active, I am a member of the University of the Third Age, where I am learning to play bridge and croquet.

ARE YOU THINKING OF DOING SOMETHING FOR CHARITY BUT CAN'T FACE COLLECTING ALL THAT SPONSOR MONEY?

Well now you can make your own page on Justgiving.co.uk. Select Cam-mind in the Charity Box, follow their simple instructions, then just ask all your friends, family and colleagues to go online and sponsor you in that way. As your selected charity all the money would come directly to Cam-mind.

If you would like to help us in this way please do contact our office and we will be happy to give you any necessary support.

Alternatively, it is possible to simply make a donation towards our work by following the instructions as above, selecting Cam-mind in the Charity Box followed by 'make a direct donation'.

YOUR SUPPORT IS VERY MUCH APPRECIATED.

Andreasen Centre for Wholistic Health

Drop-in centre providing healing and other complementary therapies to the local community for a small donation

THURSDAYS 1.30pm - 4.00pm
and also the last Thursday of the month 4.30pm - 6.00pm
Friends Meeting Hse 91 Hartington Grove Cambridge CB1 7UB

FRIDAYS 1.30pm - 4.00pm
David Rayner Centre in Scotsdales
120 Cambridge Road Great Shelford CB22 5JT

For more information:
Don Cook: 01223 874556 or Bryan Austin: 01842 827620

www.andreasencentre.org.uk

Registered Charity No. 296185

CAMBRIDGE CITY FOOTBALL CLUB SEASON TICKET

Thanks to an anonymous donor we now have two season tickets for Cam-mind volunteers/service users to use to go along and see one of Cambridge City Football Club's matches at their Milton Road ground. If you would like to use the tickets one weekend please contact Aly at the Cam-mind Office.

POEMS & LIMERICKS WRITTEN BY CAM-MIND MEMBERS

What do you call a bull that goes fast asleep?
A bull dozer!

(Patricia Dugon)

Where do hamsters go for their holidays?
Hamsterdam

(Patricia Dugon)

A nice Day

Lambs in the field
Happy as can be
Birds of a feather
Singing to me
Kittens and puppies
Drinking milk from saucers
Whilst ducks and swans
Go sailing by
As cars and lorries
Go whizzing by!

By Patricia Dugon
(written for Shelley)

Limericks by Tony Thompsett

There was a daft gardener from Leeds who swallowed 6 packets of seeds. They started to grow and worried him so. Now he can't sit down for the weeds!

There was a young lady from Kent whose nose was remarkably bent. For one day they suppose she followed her nose because they don't know which way she went.

Thank you to Lynn for making the celebration cake for our AGM

Thank you to ALL our volunteers who work so hard to help us to provide all our services throughout the year.

WANTED – ONE-TO-ONE BEFRIENDERS

If you think you could be a friend to someone for one to two hours a week please contact Hannah on 01223 311320 or Email: co-ordinator@cam-mind.org.uk

CAM-MIND AGM -15/10/09

We held our AGM at 6.30pm this year. The meeting was followed by a lovely buffet and a cake to celebrate our team's run in the Chariots of Fire Race and the Cam-mind 1 in 4 team's victory in the Football tournament.
A trophy was also presented to our Chariots runners who had narrowly missed out on the Red Balloon Charity cup on the day.

Cam-mind is collecting JEWELLERY to sell at our Fundraising Events. If you have anything we can sell (modern or classic styles) we would be happy to receive it at our office, 100 Chesterton Road, Cambridge

Remembering Andrew Hall and his music

(former resident at Cam-mind's Barrere House).

It was with great sadness that I, and the many who knew Andrew, learned of his sudden passing in early February of this year. Andrew was a unique man who possessed an exceptional natural ability to empathise with others, and his loss leaves a void in the lives of those who knew him. Andrew's optimism, his love of life, and his effortless enthusiasm, were rarely dented by his mental health problems, and were perhaps best expressed through his music and poetry, for which he had a natural gift from an early age.

We used to meet regularly to play guitar together as part of my work in the assertive outreach team. After some years we eventually brought an idea to fruition in January this year and ordered, funded by Andrew, 100 copies of a CD of Andrew's music featuring both folk and pop styles. Sadly Andrew did not live to see these arrive but his mother, Gillian, has decided to sell his CD in support of Rethink's Opening Doors Campaign, ensuring that Andrew's music and his memory will survive.

So please consider buying a copy of *Visions*, to either remember Andrew personally, or to discover a genuine musical talent, and by doing so to help ensure that his beautiful music lives on.

Please email dominic.hall-smith@cpft.nhs.uk if you would like a copy, which are £5.50 (including p&p, proceeds to Rethink), and I will supply further details re payment and delivery.

Dominic Hall-Smith

mhfa ENGLAND
Mental Health First Aid

Regulated and accredited by
National Institute for
Mental Health in England
www.mhfaengland.org.uk

MENTAL HEALTH IS YOUR BUSINESS!

UK businesses are losing over **£1000** a year for every person they employ because of mental ill health in their workforces.

The total cost to businesses UK wide is **£25.9 billion** a year.

Employees are taking **70 million** days sick leave a year because of mental health problems such as stress, anxiety and depression.

£15.1 billion of this total cost is from reduced productivity in people who continue to work while unwell.

What is 'mental health first aid'?

Mental health first aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems; how to provide initial help and how to guide a person towards appropriate professional help.

The aims of MHFA are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent a mental health problem developing into a more serious state
- to raise awareness of mental health issues in the community
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem
- to reduce stigma and discrimination

For more information on courses and instructors in your local area please contact

Aly Anderson – Cam-mind
Tel: 01223 311320
Email: development@cam-mind.org.uk

CAM-MIND now offering MHFA!

Cam-mind is one of the first organisations locally to offer the new, national, certificated Mental Health First Aid (MHFA) course, detailed left.

Our qualified MHFA instructor is Aly Anderson who has been working in partnership with Cambridgeshire Community Services and Peterborough & Fenland Mind locally to deliver the two day programme.

The course is suitable for members of the public and employees working in any sector – in fact anyone interested in learning more about mental health, the symptoms of common mental health problems, the skills needed to support someone experiencing mental distress - and to guide them towards appropriate professional help.

We are able to offer individual places on open courses – or bespoke courses for larger groups. For further information, please contact Aly on 01223 311320 or email: development@cam-mind.org.uk

DO YOU LIKE DRESSING UP?

Is there anyone out there who would be willing to dress as Cam-mind's Camilla the Chipmunk at Fundraising Events maybe once/twice a year.

Please contact Aly or Alison at the Cam-mind office if you can help.